

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3 SUBZERO	4 SUBZERO
5 12-1pm Yoga	6 12-1pm Meditation	7 12-1pm Yoga	8 12-1pm Mindful Movement	9 12-1pm Yoga 4-8pm Zen Den 6-8pm Friday Night Concert Series	10 6-8pm Poetry in the Park	11 9am-11am Doga 9am-11am Zen Den
12 12-1pm Yoga	13 12-1pm Meditation 10:30am-11am Music & Movement	14 12-1pm Yoga	15 12-1pm Mindful Movement	16 6am Coffee+Run Club 12-1pm Yoga NO CONCERT	17	18
19 12-1pm Yoga	20 12-1pm Meditation 10:30am-11am Music & Movement	21 8:30-11am Busker's Caffe 11am-12pm SJCO Everywhere Pop-Up 12-1pm Yoga	22 12-1pm Mindful Movement	23 12-1pm Yoga 6-8pm Friday Night Concert Series MUSIC IN THE PARK	24 6-8pm Open Mic FOUNTAIN BLUES FESTIVAL	25
26 12-1pm Yoga	27 12-1pm Meditation 10:30am-11am Music & Movement	28 12-1pm Yoga	29 12-1pm Mindful Movement 12-1pm WestCA Boot Camp	30 12-1pm Yoga NO CONCERT		

HERE IS WHAT'S HAPPENING!

Yoga – Get in a soul pleasing afternoon stretch three days per week.

Meditation – Clear your mind and soul with lunchtime meditation.

Mindful Movement – Mindful practices from African Dance to AcroYoga.

Music and Movement – Parent and child program with music, dance and play.

SJCO Pop-Up Everywhere – SJCO's pop-up 14-piece orchestra.

WestCA Boot Camp – Get fit with one of downtown San José's newest gym!

Zen Den – Relax, chant, and be one inside the Zen Den.

Friday Night Concert Series – Weekly concerts with SJ Jazz Boom Box.

Coffee+Run Club – Get in a few miles before work. All levels/paces welcome!

Poetry in the Park – Spoken word by the Bay Area poets and MC's.

Doga – Grab your pup and join us for some dog and owner down time.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
12-1pm Yoga 3	INDEPENDENCE DAY 4	12-1pm Yoga 5	12-1pm Mindful Movement 6	12-1pm Yoga 4-8pm Zen Den 6-8pm Friday Night Concert Series 7	11am-1pm Elephant & Piggie Dance Party 6-8pm Poetry in the Park 8	9am-11am Doga 9am-11am Zen Den 9
12-1pm Yoga 10	12-1pm Meditation 10:30am-11am Music & Movement 11	12-1pm Yoga 12	12-1pm Mindful Movement 13	12-1pm Yoga 6-8pm Friday Night Concert Series 14	15	16
12-1pm Yoga 17	12-1pm Meditation 10:30am-11am Music & Movement 18	12-1pm Yoga 19	12-1pm Mindful Movement MUSIC IN THE PARK 20	6am Coffee+Run Club 12-1pm Yoga 4-8pm Zen Den 6-8pm Friday Night Concert Series 21	22	23
12-1pm Yoga 24	12-1pm Meditation 10:30am-11am Music & Movement 25	12-1pm Yoga 26	12-1pm Mindful Movement 12-1pm WestCA Boot Camp 27	12-1pm Yoga 6-8pm Friday Night Concert Series 28	2:30-5pm San Francisco Mime Troupe 6-8pm Open Mic 29	30

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31	1 12-1pm Meditation 10:30am-11am Music & Movement NATIONAL NIGHT	2 12-1pm Yoga 12-1pm Arts & Culture Meet-Up	3 12-1pm Mindful Movement MUSIC IN THE PARK	4 12-1pm Yoga 4-8pm Zen Den 6-8pm Friday Night Concert Series	5 6-10pm Starlight Cinema	6
7 12-1pm Yoga	8 12-1pm Meditation 10:30am-11am Music & Movement	9 12-1pm Yoga 12-1pm Arts & Culture Meet-Up	10 12-1pm Mindful Movement	11 12-1pm Yoga NO CONCERT	12 6-10pm Starlight Cinema 6-8pm Poetry in the Park	13 9am-11am Doga 9am-11am Zen Den
14 12-1pm Yoga	15 12-1pm Meditation 10:30am-11am Music & Movement	16 12-1pm Yoga 12-1pm Arts & Culture Meet-Up	17 12-1pm Mindful Movement	18 6am Coffee+Run Club 12-1pm Yoga 6-8pm Friday Night Concert Series	19 6-10pm Starlight Cinema CHACHOS TACO FEST	20
21 12-1pm Yoga	22 12-1pm Meditation	23 12-1pm Yoga 12-1pm Arts & Culture Meet-Up	24 12-1pm Mindful Movement CITY DANCE	25 12-1pm Yoga 4-8pm Zen Den 6-8pm Friday Night Concert Series MUSIC IN THE PARK	26 6-8pm Open Mic 6-10pm Starlight Cinema	27
28 12-1pm Yoga	29 12-1pm Meditation	30 12-1pm Yoga 12-1pm Arts & Culture Meet-Up	31 12-1pm Mindful Movement 12-1pm WestCA Boot Camp CITY DANCE	1	2	3

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Coffee+Run Club – Get in a few miles before work. All levels/paces welcome!

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Doga – Grab your pup and join us for some dog and owner down time.

Starlight Cinema – Bring your blankets and layout for this outdoor movie series!

Arts & Culture Meet-Up – Learn to sketch, crochet, play guitar and more!

September 2017

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28	29	30	31	1 12-1pm Yoga 6-8pm Friday Night Concert Series	2	3
4 12-1pm Yoga	5 12-1pm Meditation	6 12-1pm Yoga	7 12-1pm Mindful Movement CITY DANCE	8 12-1pm Yoga 4-8pm Zen Den 6-8pm Friday Night Concert Series	9 6-8pm Poetry in the Park	10 9am-11am Doga 9am-11am Zen Den
11 12-1pm Yoga	12 12-1pm Meditation	13 12-1pm Yoga	14 12-1pm Mindful Movement CITY DANCE	15 6am Coffee+Run Club 12-1pm Yoga 6-8pm Friday Night Concert Series	16	17 
18 12-1pm Yoga	19 12-1pm Meditation	20 12-1pm Yoga	21 12-1pm Mindful Movement CITY DANCE	22 12-1pm Yoga 6-8pm Friday Night Concert Series	23	24
25 12-1pm Yoga	26 12-1pm Meditation	27 12-1pm Yoga	28 12-1pm Mindful Movement 12-1pm WestCA Boot Camp CITY DANCE	29 12-1pm Yoga 4-8pm Zen Den 6-8pm Friday Night Concert Series	30 6-8pm Open Mic	1

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VivaCalleSJ – Check out our open streets program at www.vivacallesj.org!

OTHER DOWNTOWN PROGRAMS LISTED IN BLACK TEXT.